

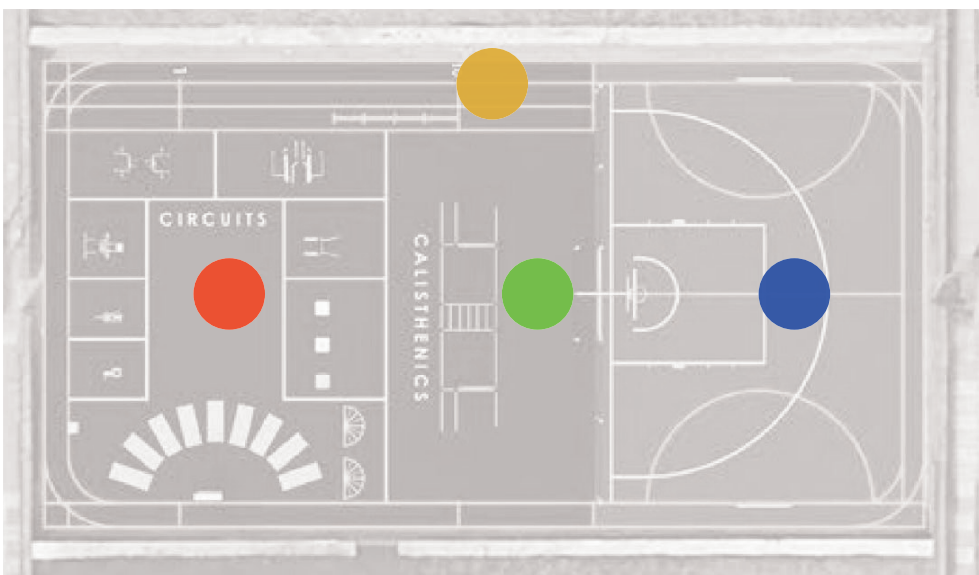
BLAKER COURT OUTDOOR GYM ACTIVATION DAY

Wednesday 3 MAY 2023 2pm-5pm

Co-Organisers:



Exercise at each zone to get a sticker.
Collect them all!

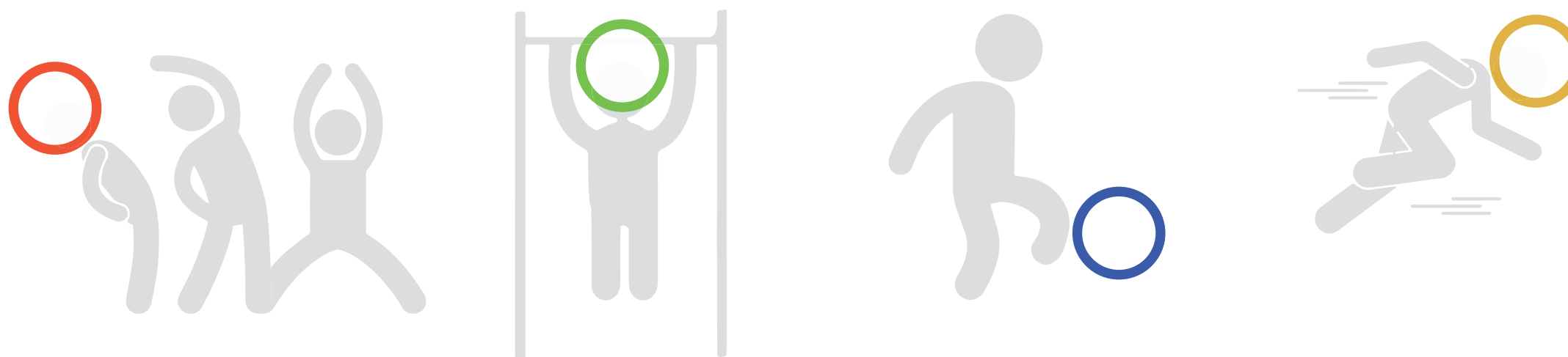


	2.15 pm	2.50 pm	3.30 pm	4.10 pm
Smart Activator Screen Workouts on the Outdoor Gym	Move Type 2 with Kesson Physiotherapy	Flexibility Workshop With Emily	All-inclusive HIIT with Marvin	Family Fit With Rob
Track & Field Trials	Warm Ups	Animal Movements	Long Jump	Sprint Test
Calisthenics Rig	Interactive Session For Beginners	Inspirational Tricks Demo	'How to use the Rig for all abilities	Inspirational Tricks Demo
Ball Games	Basketball Free Throw Contest	Football Penalty Kick Contest	Basketball Free Throw Contest	Football Penalty Kick Contest

Scan QR code for more information



tgo ACTIVATE



Fill in the questionnaire





Welcome to your new TGO outdoor gym designed by you!

A new TGO gym has been created in your community. TGO gyms are free to use and offer equipment for all abilities to start moving. Our goal is to help you activate your greatest potential. Movement is a powerful medicine.

We invite you to come to the launch to find out about all the different ways to use your new gym. Whether you are new to exercise or into your fitness, there is something for everyone. Go at your pace!

You will get to explore all 5 zones and we will show you how to use them and give you some info on courses, classes and programmes. Our physio partners will be there alongside influencers and athletes.



How can you get involved after the launch?

We want to get you involved in helping to run the gym and activities on the gym. We are looking for gym champions to help people get active. Interested? Come speak to us at the launch to find out more.



TGO Smart Activator Screen (SAS) March - October Timetable

What's on your screen this summer...

TIME	CLASS	ACTIVATOR	LENGTH
08:40	WAKE UP AND SHAKE UP	ROB LINDLEY	16M 38S
09:00	CIRCUITS 30 MINUTES	MARVIN AMBROSIOUS	30M 20S
09:35	STRETCH	ROB	9M 31S
09:45	EXTEND ENERGISE AND EXPLORE YOGA	NICKY WILLIS	28M 30S
10:15	BEGINNERS GET UP AND GO	SUMIR (A.C.T.)	16M 25S
10:35	KESSON PHYSIO BETTER BALANCE CLASS	SAFFRON	52M 45S
11:30	WARM UP	RACHEL	9M 27S
11:40	ALL-INCLUSIVE HIIT	MARVIN AMBROSIOUS	17M 05S
12:00	MOVE TYPE 2 WITH KESSON PHYSIOTHERAPY	LUKE	28M 11S
12:30	TGO BIG COMMUNITY WORKOUT	A.C.T & AD-LIB TRAINING	31M 21S
13:05	KESSON PHYSIO LEG STRENGTH AND MOBILITY CLASS	LUKE	52M 52S
14:00	FULL BODY STRENGTH	SARAH FORD	30M 46S
14:30	ALL-INCLUSIVE HIIT	MARVIN AMBROSIOUS	17M 05S
15:00	PARK WORKOUT	RACHEL	27M 32S
15:30	STEP UP THE PACE	SUMIR (A.C.T.)	11M 51S
15:45	FAMILY FIT	ROB LINDLEY	16M 37S
16:05	FLEXIBILITY WORKSHOP	EMILY	25M 0S
16:30	CIRCUITS 30 MINUTES	MARVIN AMBROSIOUS	30M 20S
17:00	STRENGTH HIIT	MARVIN AMBROSIOUS	17M 05S
17:30	SOOTHE STRENGTHEN AND STRETCH YOGA	NICKY WILLIS	26M 30S

WE SWITCH OFF AT 6PM TO SAVE ENERGY OVERNIGHT. SEE YOU AGAIN FROM 8:30AM...

